

“Bye-Bye Blackbird” from *Love Letters to God: Deeper Intimacy through Written Prayer* by Lynn D. Morrissey



Your invitation to journal:

You are invited to live a life of peace in the midst of a chaotic world—not free from trouble, but free from worry. It may sound improbable at best, impossible at worst; yet, amazingly, it can be a reality. Isaiah 26:3 says, “[God] will keep in perfect peace him whose mind is steadfast, because he trusts in You.”

Worry and trust are opposites; they cannot coexist. When your mind is steady, free from those worrisome “blackbirds” that sabotage, you will experience peace and be able to trust God to handle life’s difficulties. The key to experiencing peace is to blast those birds today and stop them from flying into your tomorrows. Give them to God daily by capturing them in your journal. Don’t let them ricochet in your mind and multiply, driving you batty. Peace will be your reward.

Journaling Prompts:

1. Did you know that a group of crows is called a “murder of crows”? Journal about how multiple worries “murder” your life, killing your joy, peace, and contentment.
1. In your journal, draw a stick-figure tree with branches. Ask God to free your mind from what is worrying you. Don’t analyze; God will help you release your “blackbirds,” some of which you may not even be consciously aware. Let them fly quickly by writing individual concerns that come to mind on each branch. Draw more branches if necessary.
2. On a fresh journal page, categorize and “cage” the worries from your tree under these headings, or add your own: To Do; To Eliminate; To Delegate; To Pray About; To Leave on the Altar; This May Never Happen!

3. After you have released these worries in a tangible way, journal about how you feel. How does seeing them in black and white loosen their grip on you?
4. Write about how you can apply II Corinthians 10:5 to the exercise you just did on “capturing” your worries in your journal.
5. Journal to God about your greatest worry—maybe even a worry that crops up repeatedly. How can releasing it to God *now* help you trust Him to handle it?
7. Write a “love letter” to God, asking Him to give you strength and resolve to bid the blackbirds bye-bye on a daily basis by relinquishing them to His care. Tell Him how much you desire His peace. Thank Him for loving you enough not to want you to be burdened by worries in the future.

Ideas to confront worry:

1. When you’re not at home, keep an index card in your purse, and write down worries that occur to you, as a way of getting them off your mind. Later, paste the card into your journal and close the book. Leave your worries behind.
2. Write Scripture verses or quotations which counteract worry on index cards or post-it notes. Place them throughout your home—on the refrigerator, bathroom mirror, nightstand, dashboard, glove compartment. When an anxious thought intrudes, replace it with promises and affirmations.
3. Keep a small travel Bible or Scripture-promise book in your purse, and when you have a spare moment, such as in a doctor’s waiting room or check-out line, pull it out and reflect on God’s truths. Read inspiring literature by authors such as Joni Eareckson Tada or Amy Carmichael, who have overcome adversity. Let God strengthen you by their example.